



Quinoa Squash Power Bowl

Power Bowl with Quinoa, Butternut Squash & Tahini Sauce

Adapted from the Food Network

Cooking & Financial Tips

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| <ol style="list-style-type: none">1. Use fresh ingredients, locally sourced.2. Don't waste - use leftovers/veggies aging.3. Use ingredients proportionally (not too much of one).4. Power bowl is like a jigsaw puzzle - ingredients need to fit together. | <ol style="list-style-type: none">1. Be picky when choosing investments--don't take shortcuts.2. Don't waste matching from employer.3. Have a balanced approach to investing.4. Comprehensive financial planning is putting scattered jigsaw puzzle pieces together. |
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Ingredients

- 1 cup quinoa
- Kosher salt and freshly ground pepper
- 2 Tablespoons unsalted butter
- 1-3/4 cup vegetable broth
- 1 small butternut squash (about 1 pound) peeled and cut into 3/4-inch pieces
- 1 medium yellow onion, thinly sliced
- 3 cups coarsely chopped kale (about 2-1/2 ounces or 1/2 bunch)
- 1/4 cup tahini
- 1 clove garlic, grated
- 1/2 lemon, juiced
- 1 Tablespoon honey
- 1/2 cup dried cranberries
- 1/2 cup roasted pecans or choice of nuts (optional)

Preparation

Rinse the quinoa in a fine-mesh sieve under running water, then drain. Transfer to a medium saucepan. Add 1-3/4 cups vegetable broth or water and 1 teaspoon salt and bring to a boil over medium-high heat. Reduce to a simmer, cover, and cook until the water is absorbed, about 15 minutes.

Meanwhile, melt the butter in a large skillet over medium heat and cook until it browns and smells nutty, about 3 minutes. Add the squash, onion and 1 teaspoon salt and cook, stirring occasionally, until the squash is golden brown and tender (10-12 minutes). Add the grated garlic towards the end of this process.

While the squash cooks, make the tahini sauce: whisk together the tahini, lemon juice, honey, 1-1/2 Tablespoons water, and 1/2 teaspoon salt and pepper to taste in a medium bowl until smooth. Set aside.

Once the squash is golden and tender, add the kale to the skillet and cook, stirring until the kale is slightly wilted, about 1 minute.

Transfer the cooked quinoa and vegetables to a large bowl. Stir in the dried cranberries and pecans. Serve warm or cold with the tahini sauce.

